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The Forefront Of The Coping Movement™

Thread Modes

[Looksmax] Frame maxxing thread (<25 yo's GTFIH)

couchtomato
Mega Super Poster

Posts: 2,598
Threads: 202
Joined: Sep 2017
Reputation: **6,406**
#1
10-23-2017, 07:28 PM

clavicles are supposedly the last bones to finish growing somewhere between 21-25 years of age

inb4 "90% of clavicle growth is done by 12" COPING MEME

yeah no shit so is height. 10% is literally the difference between below average and above average. the average growth between 18-25 is 6mm if you can double this you can from at least below average to average

gymcelling can supposedly add you an extra 1-2 inches from training delts although it'd probably take at least a year to see any difference

https://en.wikipedia.org/wiki/Clavicle#Development

> *Quote:*The collarbone is one of the last bones to finish ossification at about 21–25 years of age. A study measuring 748 males and 252 females saw a difference in collarbone length between age groups 18–20 and 21–25 of about 6 and 5 mm (0.24 and 0.20 in) for males and females respectively.

here has to be a way to maximize growth until then. whether it'd be blasting ridicolous amounts of HGH/Test idgaf i'm desperate

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